

*OPC protects the connective tissue and blood vessel membranes throughout the body and has a positive effect on cholesterol levels.*

### Basics:

Among all potentially harmful environmental influences, free radicals are considered the "bad guys" and are the main culprits in the negative manifestations of ageing.

Free radicals are molecules that are in a state of disequilibrium; therefore they are very reactive and volatile. They are constantly trying to form new compounds in order to reach chemical equilibrium.

Thus, they are also necessary in some respects because they are used by the defense cells of the immune system to fight pathogens. However, if the levels of free radicals in the body are too high, they trigger an oxidation process that also attacks and destroys healthy cells.

Normally, the human body uses its own enzymes to regulate the formation of free radicals and limit their number at any given time. However, many environmental influences such as cigarette smoke, radiation and poor diet can cause an excess of these molecules.

**Catechins** - different substances that all belong to the group of polyphenols - are synthesized by many plants, including grapes, cranberries, blueberries, maple, pine, red haw, hawthorn and legumes. Parsley and peanut shells also contain catechins. These secondary plant compounds tend to form chemical bonds with each other. When this happens, the resulting compounds are called oligomeric procyanidins or OPC.

**OPC** has been shown to not only have similar effects to vitamin C and vitamin E in terms of cell-protective effects, but that it probably even enhances the actual vitamin effects.

Although **OPC** is found in many plants, it is almost impossible to obtain sufficient amounts of this nutrient from food, as it is mainly found in the corresponding shells, pods or kernels/seeds. **OPC** must therefore be extracted industrially if it is to be taken in a targeted manner.

If the absorption of OPC through the diet is not sufficient or there is an increased need, these nutrients can be supplemented through special food supplements.

### Ingredients:

#### One capsule (clear) contains:

60 mg OPC (oligomeric procyanidins) from the grape variety *Vitis vinifera*.

#### Other ingredients:

Rice Flour, Magnesium Stearate, SiO<sub>2</sub>.

The product is vegan, vegetarian, gluten-free, lactose-free, not genetically modified.

Capsule shell vegan.

### Recommended consumption:

In normal cases take 1 capsule 1-3 times a day at mealtimes with plenty of fluid.

### Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature. The published information is not a cure and is not intended as a request or suggestion for selfmedication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as "not yet sufficiently proven" by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described here has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease.

Errors and typographical errors excepted. VBX-1-24

Manufacturer



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